

# Weekly Diabetes Update

**March 14, 2008**



**Diabetes management is  
not a matter of luck.**

## **1. Diabetes Control**

If you have diabetes, don't just search for a four-leafed clover in hopes of controlling your blood sugar. You have to take charge of your care. The National Diabetes Education Program (NDEP) publishes several resources to help you take action to control your diabetes. One such item is "4 Steps to Control Your Diabetes For Life." Go to <http://www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsPatCont> to access NDEP's resources on diabetes control.



## **2. Diabetes Survivor Honored**

Mrs. Williard has survived 54 long years with type 1 diabetes. The 60-year-old Bloomfield resident received a 50-year "Triumph for Man and Medicine" medal from the Joslin Diabetes Center in Boston for surviving diabetes since 1953, when she was 6. Mrs. Williard's doctor says many people diagnosed before blood-glucose monitors were developed in the early 1980s relied on **good luck**, strong genes and a daily regimen to get by. Mrs. Williard admits diabetes control is easier nowadays with the hgA1c test that provides long-term blood-sugar averages, pumps that provide steady doses of insulin, and blood-glucose meters that help people keep sugar levels close to or within the normal range. But even with these tools, tight control requires daily, even hourly, surveillance and action. Read more in the Pittsburgh Post-Gazette article posted online at <http://www.post-gazette.com/pg/08072/864250-114.stm>.

## **3. Grant Opportunity**

The American Heart Association announces the Midwest Affiliate Community Action Grant (previously known as the Community Heart & Stroke Development Fund). Deadline for submission is **April 4, 2008**. Go to <http://www.americanheart.org/presenter.jhtml?identifier=3053422> and click on the link for Midwest Affiliate Community Action Grant to access the Microsoft Word document with the grant details and application.

**4. American Diabetes Association (ADA) 68th Scientific Sessions**

Register for the ADA 68<sup>th</sup> Scientific Sessions **June 6-10, 2008**, in San Francisco, California, at [http://professional.diabetes.org/Congress\\_Display.aspx?TYP=9&CID=58000&CFID=502873&CFTOKEN=47320311](http://professional.diabetes.org/Congress_Display.aspx?TYP=9&CID=58000&CFID=502873&CFTOKEN=47320311). View the conference program at [http://professional.diabetes.org/UserFiles/File/Preliminary%20Program.12-5\\_FINAL\(1\).pdf](http://professional.diabetes.org/UserFiles/File/Preliminary%20Program.12-5_FINAL(1).pdf).

**5. Informing Patients Of Familial Diabetes Mellitus Risk: How Do They Respond?  
A Cross-Sectional Survey**

Having a family history of diabetes can mean that you are more at risk for diabetes. Researchers found that when a patient was informed by their health care provider of this increased risk for type 2 diabetes, he or she was more likely to take action to prevent the disease. However, even after receiving the risk information 44% of survey respondents still didn't regard themselves at risk. Read the provisional abstract and download the article from BioMedical Central's website at <http://www.biomedcentral.com/1472-6963/8/37>.

**6. Diabetes Research News**

- The results of an Australian study published in the American Journal of Clinical Nutrition found a link between a high glycemic index (GI) diet consisting of highly processed foods and a high risk of type 2 diabetes and heart disease. The diet was also linked to gall stones and some types of cancer. Read more in the Fox News article at <http://www.foxnews.com/story/0,2933,336390,00.html>.
- Results of a new study suggest that the amount of fat a person accumulates in relation to their body size as they grow into adulthood, not their birth size or their growth per se, influences their risk of developing type 2 diabetes. Read more in the article posted on Reuters at <http://www.reuters.com/article/healthNews/idUSCOL66713720080306>.
- It may soon be possible to take a simple blood test and predict whether or not someone has low levels of a particular molecule, called PYY, predisposing them to the development of Type 2 diabetes and obesity. The hormone PYY, which is released from the gut after a meal, creates a feeling of satiety. When PYY is in oversupply, it prevents diet-induced obesity in mice. Read more in the press release posted on EurekAlert at [http://www.eurekalert.org/pub\\_releases/2008-03/ra-llo031008.php](http://www.eurekalert.org/pub_releases/2008-03/ra-llo031008.php).
- People with type 2 diabetes who participate in a program in which they're coached by a pharmacist show big improvements in how well they manage their disease, a study says today. That improvement translates to better health for the 914 employees who have signed up for the Diabetes Ten City Challenge (DTCC). The DTCC is an employer-based diabetes self-management program conducted by American Pharmacists Association Foundation with support from GlaxoSmithKline. Read more from USA Today online at [http://www.usatoday.com/news/health/2008-03-11-diabetics-coaching\\_N.htm](http://www.usatoday.com/news/health/2008-03-11-diabetics-coaching_N.htm).
- Sedentary older people at risk of developing diabetes showed significant improvement in the function of their insulin-making beta cells after just one week of exercise, University of Michigan researchers found. Read more in the article posted on Reuters at <http://www.reuters.com/article/healthNews/idUSKUA78055620080307>.

- Results from a new study published in the March issue of The Journal of Pediatrics show that at the national level, for every 290 children with diabetes, there is only one board-certified pediatric endocrinologist available to care for them. It also finds that the ratio of obese children to board-certified pediatric endocrinologists is about 17,000 to one. The rate of childhood obesity in the United States has more than doubled in the past 20 years, bringing with it more children at risk for developing type 1 and even type 2 diabetes. Read more in the WebWire article at <http://www.webwire.com/ViewPressRel.asp?aId=60714>.
- In one of the most comprehensive studies conducted to date, higher rates of joint replacement complications were found among those with either type 1 or type 2 diabetes than in people without diabetes. Patients with controlled diabetes had fewer complications and risks. Data was pulled from patient reports among those identified as diabetic who underwent joint replacement surgery between 1988 and 2003. Read more in the article on PR-USA.net at [http://www.pr-usa.net/index.php?option=com\\_content&task=view&id=83704&Itemid=9](http://www.pr-usa.net/index.php?option=com_content&task=view&id=83704&Itemid=9).
- Women who can't get to sleep have higher levels of biomarkers for cardiovascular disease and diabetes than do men who sleep poorly, a North Carolina study found. Sleep quality ratings were similar in men and women, but women had dramatically different risk profiles, including high levels of C-reactive protein, interleukin-6, and insulin, the researchers found. Read more in the Medpage Today article at <http://www.medpagetoday.com/Geriatrics/Sleepdisorders/tb/8688>.
- Weight-loss and major lifestyle changes may be more effective than intensive insulin therapy for overweight patients with poorly controlled, insulin-resistant type 2 diabetes, according to a diabetes researcher at UT Southwestern Medical Center. Dr. Unger, professor of internal medicine, said intensive insulin therapy is contraindicated for obese patients with insulin-resistant type 2 diabetes because it increases the fatty acids that cause diabetes. Read more in the Science Daily article online at <http://www.sciencedaily.com/releases/2008/03/080311165921.htm>.
- Taking vitamin D supplements in infancy may help a youngster ward off Type 1 diabetes, according to a review of the evidence released on Thursday in specialist journal Archives of Disease in Childhood. Doctors in Britain looked at five studies in which children were monitored from infancy to early childhood to see if vitamin D supplements made a difference to the risk of becoming diabetic. Read more in the Forbes.com article at <http://www.forbes.com/markets/feeds/afx/2008/03/12/afx4764135.html>.

## 7. **Get Homefront - A Publication for Families Like Yours!**

Homefront is a mini- magazine designed for families of children with diabetes. Published three times a year, Homefront is packed with interesting and fun content, such as research toward a cure for diabetes, ways other families manage diabetes, and information about the American Diabetes Association's programs and events happening in communities like yours. The next issue of Homefront will be sent to nearly 30,000 families in April. To receive a copy of Homefront please e-mail your name and mailing address to [youth@diabetes.org](mailto:youth@diabetes.org).

**8. Ammon Elementary Student Invents 'Diabetic Dress'**

An 11-year-old Ammon [Idaho] Elementary student turned a school project into a mission to help her little sister live a more normal life. Kailey Caldwell designed a diabetic dress and recently placed third in the Invention Convention in Boise. Kailey Caldwell: "It's a dress with a pocket in it that has a flap on it that you stick the tube through the flap and then you twist the tube back onto the patch and then you stick your pump in there without lifting your dress up." Read more in the article from KPVI.com at <http://www.kpvi.com/Global/story.asp?S=7994888>.

**9. Lights ... Camera ... Action! Aka 'ula partners with hospital, Akaku in diabetes media campaign**

Through funding from the Ulu Network, Molokai General Hospital (MGH) partnered with Aka'ula School and Akaku to provide a child-based diabetes media campaign. Doctors and nurses from MGH visited the school and provided interactive educational sessions on diabetes, and students received video training at Akaku. After gathering information and practicing editing skills, Aka'ula students began writing and producing Public Service Announcements about diabetes. Read more in the press release posted on the Molokai Times at <http://www.molokaitimes.com/articles/831212929.asp>.

**10. Obese Women Gain Too Much Weight During Pregnancy, Expert Says**

Current recommendations for weight gain during pregnancy -- developed by the Institute of Medicine (IOM) in 1990 -- should be revised, according to an internationally recognized obesity expert and chairman of the department of obstetrics, gynecology and women's health at **Saint Louis University**. According to Dr. Raul Artal, obese pregnant women who engage in physical activities during their pregnancies reduce their risk of developing gestational diabetes by 50 percent. His editorial appears in the March issue of Expert Review of Obstetrics and Gynecology. Read more in the Science Daily article posted at <http://www.sciencedaily.com/releases/2008/03/080311145121.htm>.

**11. Missouri Medicaid Basics**

The Missouri Foundation for Health has a publication that gives useful information about the Missouri Medicaid program (now called MO Health Net). Access the Winter 2008 issue of Missouri Medicaid Basics at <http://www.mffh.org/medicaidbasics08.pdf>.

**12. Pastor orders men in his church to get checkup**

Too many church men were dying of preventable illnesses related to poor health, pastor Troy told the congregation at New Salem Missionary Baptist Church, a predominantly black church of about 4,500 members, including about 900 adult men. Their pastor of 24 years issued a simple order: Every man in the congregation will see a doctor in the next three months. The last straw had come three days earlier when Roland Burks, 58, died of complications from diabetes and high blood pressure, the day after he delivered Thanksgiving meals to the homeless. Read more in the Times Record News article posted at <http://www.timesrecordnews.com/news/2008/mar/10/pastor-orders-men-his-church-get-checkup/>.

**13. Across The Board**

*Across The Board*, and its Spanish version, *Desde La Junta Directiva*, are bulletins to assist, educate, encourage, and communicate with volunteer board members of primary health care programs supported by HHS HRSA Bureau of Primary Health Care (BPHC). Although designed for community health centers, some topics are applicable to several types of organizations. Check out the bulletins from the Virginia Community Healthcare Association website at [http://www.vacommunityhealth.org/across\\_the\\_board.cfm](http://www.vacommunityhealth.org/across_the_board.cfm).

**14. 2007 National Healthcare Quality and Disparities Reports**

For the fifth year in a row, the Agency for Healthcare Research and Quality (AHRQ) has produced the National Healthcare Quality Report (NHQR) and the National Healthcare Disparities Report (NHDR). These reports measure trends in effectiveness of care, patient safety, timeliness of care, patient centeredness, and efficiency of care. The reports present, in chart form, the latest available findings on quality of and access to health care. The NHQR tracks the health care system through quality measures, such as the percentage of heart attack patients who received recommended care when they reached the hospital or the percentage of children who received recommended vaccinations. The NHDR summarizes health care quality and access among various racial, ethnic, and income groups and other priority populations, such as children and older adults. The Quality and Disparities Reports are available online at <http://www.ahrq.gov/qual/nhqr07/nhqr07.pdf>.

**15. Weekly Diabetes Recipe**

A great recipe for **Baked Fish with Tomatoes and Herbs** can be found at [www.diabeticcooking.com/DCRecipes/025/4838001025.htm](http://www.diabeticcooking.com/DCRecipes/025/4838001025.htm).

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**When is St. Patrick's Day?** Not March 17th . . . at least not this year! Go to <http://www.apples4theteacher.com/holidays/st-patricks-day/when-is-st-patricks-day.html> for more information.

